



Sandy Recreation Youth Lacrosse

1st & 2nd Grade Coed Rules & General Guidelines

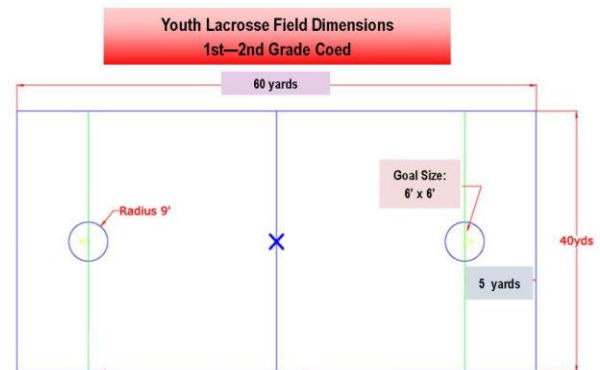
League Objective. This league will be run on a clinic/game format with rules designed to maintain the “spirit of the game” and to ensure the safety of the players at this age and skill level. The “spirit of the game” includes the philosophy that:

1. The game should flow as continuously as possible, not burdened by an inordinate number of rules requiring frequent stops during the game.
2. The outcome of the game should be determined by legal play by the players, not by the interpretations of the rules.
3. Coaches, parents, and players should observe the intent of the rules, making a sincere effort to observe them and not attempt to take advantage of them.
4. Coaches and players should be vigilant when playing, teaching, and enforcing the rules so that the safety of all players and the integrity of the game are maintained.

The Game. The game consists of two teams of six players on the field at a time. Each team shall have three players on each side of the midline (i.e., there are no midfielders, thus, there is no “middle back” at this level). Teams may have up to four additional players on their roster (a total of 10). Coaches should explain to players that they are restricted to their side of the field, and that “offsides” will result in loss of possession or awarding of possession to the opposing team. Goals are unprotected, with no goalie. One coach per team is allowed on the field to instruct players on positional play, to officiate, and, as a last resort, to facilitate team work. Teams and coaches (three maximum per team) will occupy one side of the field and parents/fans will occupy the other. No parents are allowed on the team side.

Field and Goal. Games will be played on a field 40 yards wide and 60 yards long. The field will have standard lacrosse goals, sidelines, backlines, goalies creases and center line. Goals will be the standard 6' X 6' goals.

Required Equipment (Boys & Girls). All players must wear a helmet, gloves, shoulder and elbow pads, mouth piece, athletic cup (boys only). All equipment must NOCSAE approved. Cleats are recommended (no metal cleats)! If a player does not have the mouthpiece in place, play will stop until mouthpiece is in place (running clock continues). Soft, regulation sized balls will be used. Sticks will be provided to use during the season and returned to Sandy Recreation. All sticks at this level shall be “mini” sticks with a maximum length of 42 inches. Players are not allowed to use long or goalie sticks.



Game Time. Games consists of two 20-minute running time halves or four 10-minute quarters (see options A & B below). After a 5 minute halftime break, the two teams change sides for the 2nd half. Each team is allowed two 30 second time-outs per game. Time-outs can only be called if the team calling has possession or there is a dead ball. All players are required to play half the game.

- Option A:** Two 20-minute running time halves with 3 player rotational substitutions (Defense to Offense, Offense to Rest Break, Rest Break to Defense) – approximately every 6 to 7 minutes.
- Option B:** Four 10-minute running-time quarters with 3-player rotational substitutions (Defense to Offense, Offense to Rest Break, Rest Break to Defense) – approximately every 5 minutes.

Coaches should feel free to choose either option or to modify game times to account for weather conditions and numbers of players. However, once an option has been determined, the game will continue with the same option. **Option A** might be preferable when it is cold or rainy, and the kids want to keep moving. **Option B** might be preferable when it is hot or a team has fewer players than expected, and the kids need additional time to cool down and hydrate, and/or to rest.

Getting Started. A coin toss will determine which team gets possession of the ball to start the game. For this league there will not be face-offs. The team that wins possession will begin play at the midfield line. The opposing team will start with the ball at the midfield line to begin the second half or second quarter if Option B is used.

Scoring. Following a score, the scored-upon team will begin play at the midfield line. On all restarts, the opposing player is required to stand back at least 5 yards from the player with the ball. Coaches should ensure that different players start with the ball and that players are properly spread out. **Score is not kept.**

Goalie and Goal Crease. This league will not play with goalies. No part of a player (offensive or defensive) is allowed in the goalie crease circle (5 yards in diameter). If an offensive player steps into the crease, the defensive team will be awarded the ball. If the defensive team steps inside the crease, the offensive team will be awarded the ball 12 yards from the goal. If the ball comes to rest inside the crease, the ball will be awarded to the defensive team.

Out of Bounds (Sidelines & Endlines). Whenever a team runs, passes, or deflects the ball out of bounds, possession goes to the other team. The team gaining possession will start the ball inbounds where the ball went out of bounds and opposing players must be 5 yards away. If the coaches cannot determine who gets possession of the ball, the ball will be awarded under the alternate possession rule beginning with the visiting team.

Shots on Goal. At this level the general rule is the same as an out of bounds situation. A shot on goal, regardless of which player is closest to the ball when it goes out of bounds the possession goes to the other team. Coaches have discretion to modify this rule to allow for equitable possession of the ball.

Substitutions. Substitutions can be done either “on the fly”, on an out of bounds whistle, time-outs, or between each quarter. It is encouraged that on-the-fly substitutions are made when ball is on opposite half of the field or between in order to not slow down the pace of play.

Player Down. Coaches should stop play immediately if a player goes down and either: (1) does not get up almost immediately, or (2) appears to be possibly injured in any way regardless of whether she/he is able to get back up.

Two Pass Rule. The offense must attempt two passes in the offensive half of the field prior to attempting a shot on goal. If a team takes a shot on goal without two pass attempts, the ball will be awarded to the opposing team. If a goal is scored, the goal will not count. If a team gains possession of the ball in their offensive half of the field, no passes will be required prior to shooting. Coaches should encourage players to pass the ball at least two times before shooting on goal (with the exception of a “breakaway”, when there is no one to pass to).

No Defensive “Double-Teaming”. Coaches should discourage any defensive “double-teaming” at this level.

Ground-Ball Traffic Jam. If there is so-called “ground-ball traffic jam” (where it is clear that no one will be picking up the loose ball anytime soon), coaches should stop play and award possession according to the alternate possession rule.

Body & Stick Checking Prohibited. Body checking and stick checking are strictly prohibited. Players should be encouraged to play defense using hustle, anticipation, and good footwork. There is no such call as a “brush” or “over-the-head checks” in this league. Over-the-head checks, regardless of whether one hand or two hands are on the stick, are illegal. Contact between the stick and body is illegal.

Penalty Enforcement. Fouls are to be called by the on-field coaches, who are, in effect, the game officials. Fouls shall not result in official penalty time or “man-down” situations. Emphasis shall be placed on: (1) ensuring player safety; (2) promoting and understanding of the rules of lacrosse and good sportsmanship among all players; (3) establishing and maintaining fair and consistent rules enforcement.

Whenever possible, without disrupting the flow of the game, coaches should briefly explain the nature of the foul called, so that all players understand the call, and, by extension, are reminded of the rules of the game.

First and foremost, a foul is an opportunity for a “teachable moment”; therefore, a foul need not result in loss of possession. For example, a player very likely had no idea what she/he was doing was a foul. However, in accordance with the rules of the game, a foul will result in possession being awarded to the team that was fouled, particularly where the foul either: (1) disadvantaged the team being fouled, or (2) resulted in an advantage being gained by the team that committed the foul.

Unsportsmanlike Conduct. Coaches, players, parents, and spectators shall conduct themselves in a sportsmanlike manner at all times. Examples of unsportsmanlike conduct includes throwing of the stick, equipment, cursing, maligning of another player or coach, arguing a call, showing disrespect and/or inappropriate comments to any referee, coach, player, parent, or spectator. The penalty for unsportsmanlike can be immediate expulsion from the game.